



Click the logo to follow us!

Healthy Columbus

Employee Wellness Program Newsletter





*"Never get so busy making a living
that you forget to make a life"*



2ND QTR

Group Fitness Classes

Classes start next week!!!

**23 on-site group fitness classes are offered
each week to employees at no cost!**

Adult dependents on the City's health plan are permitted to attend with prior authorization.
Email BTKimbro@columbus.gov.

Right Start fitness coaching program is offered at Front Street Fitness. This free program is a great compliment to the group fitness classes. You will meet with an exercise specialist to set and meet your personal fitness goals!

Email Pat to get started - PLShick@Columbus.gov

2018 HC Pound the Ground 5k

2018 T-Shirt ---->

*Saturday, May 5th
9:30 am - Wolfe Park*

Free for all
employees, friends,
family, and pets!

250+ registered
already!!



Click the shirt above to register!



Real Appeal® is a digital weight loss program customized to what works for you with up to a year of support.

Transformation
Coach



Real Appeal
member

**Weight loss that's free.*
A transformation that's real.**

*Real Appeal is available at no additional cost to employees with our UnitedHealthcare medical plan with a BMI of 23 and higher, subject to eligibility.

Real Appeal® is a digital weight loss program customized to what works for you with up to a year of support. With Real Appeal, you learn simple steps to help you transform.

Find out if you're eligible and start your Real Appeal success story at
cityofcolumbus.realappeal.com

For the best experience, access Real Appeal from your own device.

2018 Heart Walk Team



Heart Walk.

Registration for the 2018 Heart Walk is open which means it is also time to design our 2018 t-shirt!

Date & Time

August 25, 2018

Check-In 8:00AM

Starts 9:30AM

Length of Walk 1 or 3 Mile

Where

McFerson Commons

218 West Street

Columbus, OH 43215

Have a cool design idea or even drawing using our "My Heart Belongs to CBUS" motto??

Send it to Brandon at BTKimbro@columbus.gov
Click the past designs to register for the 2018 team!



THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

DEPARTMENT OF
HUMAN RESOURCES

2018 Cap City Discount

Join your City of Columbus colleagues as they commit to walk or run more miles than ever before! You, your family members and friends are invited to be part of the City of Columbus employee team to participate in the 2018 Capital City Race Events.

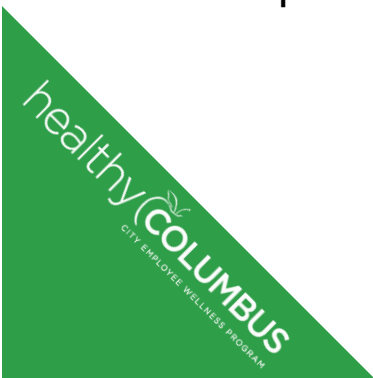
April 28th, 2018

Walk or Run one of three exciting Corporate Wellness events:

5k (3.1 miles) • Quarter Marathon (6.5 miles) • Half Marathon (13.1 miles)

Join the City of Columbus team and get \$10 off registration. Registration fees include a gender-specific technical t-shirt, finisher's medal, and a finish line party.

Email Pat at PLShick@columbus.gov to request the discount code. Prices increase periodically as race day approaches.





Quit For Life® Program



IT COSTS YOU

NOTHING

TO JOIN.* IT COULD COST YOU

EVERYTHING

IF YOU DON'T.

With the no-cost Quit For Life® Program, there's nothing stopping you.

- Work with a Quit Coach • No additional cost to enroll* • Advice, tips and encouragement • Nicotine patches or gum, if you qualify

PLAN AHEAD AND START YOUR QUIT PLAN THIS NEW YEAR'S.

ENROLL NOW

www.quitnow.net

1-866-QUIT-4-LIFE

healthyCOLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM

*Provided at no additional cost as part of your benefits plan. Optum is a registered trademark of Optum, Inc. All other trademarks are the property of their respective owners. © 2017 Optum, Inc. All rights reserved. AA00956 69688-102017



2017 Annual Report

**Live.
Work.
Play.
Thrive.**

The Healthy Columbus program continues to provide employees with opportunities to improve their health and quality of life through physical activity, tobacco cessation, healthy eating and disease management programs.

In 2017, 48% of employees participated in at least one employee wellness program, a 10% increase since 2014.

The program was recognized with three external worksite wellness awards and numerous Mayor's Office recognitions!

Click the image above to see the full report and thank you for making 2017 such an incredible year for this program!!

Front Street Fitness

Group Ex Classes

*Take free classes
at Front Street
Fitness!*

Check out the
new group
schedule that
starts April 2nd!

healthy(COLUMBUS)
CITY EMPLOYEE WELLNESS PROGRAM

Front Street **FITNESS**
CITY EMPLOYEE FITNESS CENTER

2018 GROUP CLASS SCHEDULE

Starting April 2, 2018

CARDIO **STRENGTH** **CARDIO & STRENGTH** **STRETCHING**

Monday	Tuesday	Wednesday	Thursday	Friday
12:00PM-12:30PM Total Body Strength	12:00PM-12:30PM Bodyweight HIIT	12:00PM-12:30PM STRAIGHT CORE	11:45AM-12:00PM Dynamic Warm up	12:00PM-12:30PM Total Body Strength
12:30PM-12:45PM Stretching	12:30PM-12:45PM Endurance Training	12:30PM-12:45PM Stretching	12:00PM-12:30PM Power & Endurance Bootcamp	

Total Body Strength: Instructor led weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout. (12-12:30pm)

Bodyweight HIIT: High intensity, fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods. (12-12:30pm)

This class will go outside as long as the weather permits

Endurance Training: This is cardio... Straight up cardio. This will incorporate running, biking or other cardio exercises with rest periods to get your lungs burning. It is best to pair this with the Bodyweight HIIT class before it. (12:30-12:45PM)

STRAIGHT CORE: This is a workout that will incorporate core exercises at the beginning and stretching towards the end to give you a strong core and increased mobility. (12-12:30PM)

Dynamic Warm up: We are going to work on exercises to use to get warm and ready for any type of workout. (11:45-12PM)

Power & Endurance Bootcamp: This class will work on building strength, endurance and power by combining compound movements and extended rest periods.

Would you like to join FSF or have questions about group classes?

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at plshick@columbus.gov or x3979

THE CITY OF
COLUMBUS
OHIO
DEPARTMENT OF
HUMAN RESOURCES

healthy(COLUMBUS)
CITY EMPLOYEE WELLNESS PROGRAM





Create Healthy Habits, Not Restrictions.

Don't hesitate to contact us if
you have any questions!

The Healthy Columbus Team

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Pat Shick - PLShick@Columbus.gov

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